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Polar Pentathlon 2012

Dear Leaders,

Now going strong in its 10th year, the Polar Pentathlon is designed as the ultimate test of the physical, cognitive and reflective attributes of the successful leader.

The Pentathlon is envisioned as a long-term process, designed to span the length and breadth of a typical Leaders School career. Participation is not required; rather, the Pentathlon is catered primarily toward more experienced leaders looking to push themselves to their absolute limits.

Pentathlon events are offered only two times during the week:

- Runners and Bikers: Sunday morning at 7:00am, before registration (June 17)
- Swimmers and Paddlers: Friday morning at 5:00am (June 23)

The process consists of six major components—parts one through four involve the following physical challenges:

1. Swim to Cow & Calf and back (2 miles)
2. An intense mountain bike experience (20 miles)
3. Run to the top of Bald Mountain and back (8 miles)
4. Paddle from Pine Point to Dam and back (10 miles)

Polar Pentathlon Light is an **option** for Leaders in June Week, grades 6th through 8th, to experience the challenge of the Pentathlon. It will consist of half the distance of the above trips. In order to officially complete a Polar Pentathlon event the original distance must be completed at one time.

1. Swim (1 mile)
2. Mountain Bike (10 miles)
3. Run (4 miles)
4. Paddle (5 miles)

The final two segments (parts 5 and 6) are intended to be the culminating phase of the process. Part one of this phase involves the completion of a 48 hour solo, to be undertaken outside of camp. The second segment of the final phase centers around the detailed creation and implementation of a class to be offered during Leaders School.

Each participant will be expected to take an active role in both the planning and execution of every portion of his/her Pentathlon, most notably the solo. Specifically, it is expected that each

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participant choose an appropriate staff sponsor for each physical challenge, sponsors will be nominated based on individual expertise in each given area (swimming, paddling, biking, etc.), and will be employed to counsel the participants in terms of preparation, safety and logistics. Additionally, as the participants near the end of their Leaders School career, each will be required to formulate and present an all-encompassing theme to accompany his/her Pentathlon. Class design and implementation is thought to be a likely arena in which to showcase this more cognitive aspect of the program.

Upon the completion of each individual challenge participants will receive formal recognition worthy of their efforts. Those who complete the entire process will be recognized in an appropriately reverent and celebratory fashion.

Proper training is paramount to a successful Pentathlon experience. **To that end, the Pentathlon Committee asks that you e-mail us at polarpentathlon@yahoo.com should you have an interest in participating in any of this year's Pentathlon events.** Please include your name, age, experience in the given discipline and any further questions you may have. This will enable us to help you prepare for your event, and will also ensure that you are ready to meet the challenge!

Additional Note: Successful completion of this year's Kenduskeag Canoe Race will 'count' as the paddling leg of the Polar Pentathlon! Email polarpentathlon@yahoo.com for details.

